The Lions' Pride

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Lace and Pace Walking Club

By Tom Buckley
Contributing Writer

Sometimes it can be hard to get exercise when you have a desk job. Eight hours in front of the computer can leave a person bored and lifeless.

In March of this year, the SLU Fitness center kicked off a new faculty and staff walking club on campus called Lace and Pace. The Lace and Pace Walking Club is a club for University faculty and staff to promote staying active and gain team building skills. Each member gets a pedometer so that they can track their total steps in a day and the amount of miles that they walk total. The club was started by Fitness Center and Strength and Conditioning Coach Stuart Hart and Manager of Athletic Communications and New Media Evan Ortiz.

"They started the club because Dr. Kirk wanted a way to get the faculty and staff moving," said Group Fitness Instructor Alexandra Mwaura, who has recently been put in charge of the club by Stewart Hart in July.

Since taking over in July, Mwaura has made some positive changes to the club. When the club started back in March, members were independent, and turned in their steps and miles to receive independent incentives for walking certain distances. Since Mwaura was put in charge of Lace and Pace, she put forth the idea of teams and a Fall Challenge to see which team can walk the farthest. The teams consist of 4 - 5 members (faculty and/or staff), including a team captain.

One of the Lace and Pace teams.

Photo taken by Tom Buckley

The whole club meets on the first Wednesday of every month, and the individual teams turn in their steps and miles every Monday to their team captain, who then turns them into Mwaura. Team members can walk together in a group or individually. Additionally, the teams can receive a bonus mile per week for going to the gym to exercise. Members can go to the gym at any time that is convenient for them; there is no required time to be there. The teams can also receive incentives and prizes for walking the farthest during the challenge. The incentives have not been announced yet, but chances are that it's not a pizza party. Mwaura also mentioned that she is working on a walk-a-thon for October.

Many faculty and staff have already created teams within their offices. Most teams walk together during their lunch break times and eat at their desks. It would have to be said that the Registrar's office is the most active office on campus. They have two teams in their office and walk during their lunch break and the two fifteen minute breaks that they get during the day, and apparently one of the teams in the office is in the lead of the Lace and Pace Fall Challenge. One of the teams in the registrar's office even has team t-shirts and matching headbands.

"I walked around campus before the club started, until my friend rom the Registrar's office told me about it. I love it, it's a fun way for us to get together to exercise and get fit," said Paige Ramsey-Hamacher, Director for Multicultural and International Services.

Another member of Lace and Pace, Danielle Browning, Registrar's Office Coordinator, mentioned to newspaper staff that she enjoys the walking club. She and her teammates walk on their breaks and eat their lunches while working instead of taking a break for lunch.

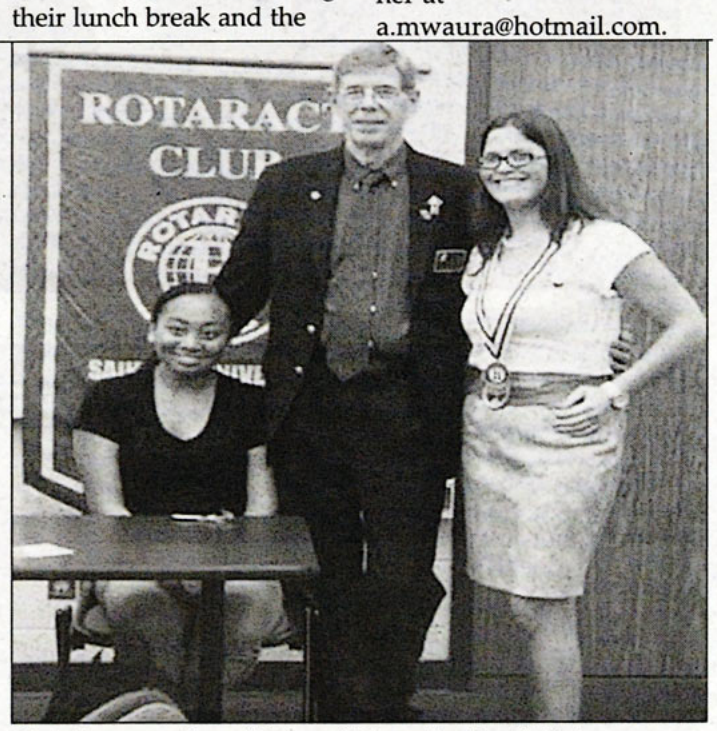
Alexandra Mwaura, the the leader of Lace and Pace said that she likes to encourage and motivate all of the members to stay active, and looks forwards to the meetings. Mwaura also wanted all faculty and staff to know that it is not too late to join Lace and Pace. If any staff or faculty want to join, they can email her at a.mwaura@hotmail.com.

Roger Proffer Came to Visit Rotaract

By Ally Vincent
Free Lance Writer

Despite the rainfall, the Saint Leo University Rotaract Club had about 25 members attend the meeting eagerly awaiting the speech from the Distirct Governor. They wanted to hear what was so great about Rotaract and what set it apart from other organizations. The club first opened up with upcoming events. We talked about Fall Family Festival, the Rattlesnake Festival, our pen-pal project with the Rotaract Club in Pakistan, the Vintage Fashion Show, and our beautification project at Rotary's Camp Florida. Roger went on to give his speech on Rotary, leadership, and youth. I believe everyone walked out of the room with a new sense of what Rotaract is and what is stands for.

Afterwards, the Board of Directors met with Roger and his wife, Linda, to discuss some of our plans. We talked about ways to improve our current projects and potential future projects. He made us realize more the impact of Rotary. If anyone would like to attend our meetings we meet Mondays at 5:15pm on Saint Leo University campus. They can contact our president, Ally Vincent, at Alexandria.vincent@email.saintleo.edu for more information.



Kayla Lee, member of Rotaract; Roger Proffer, District Governor; and Ally Vincent, President of Saint Leo University Rotaract Club.

Photo given by Ally Vincent

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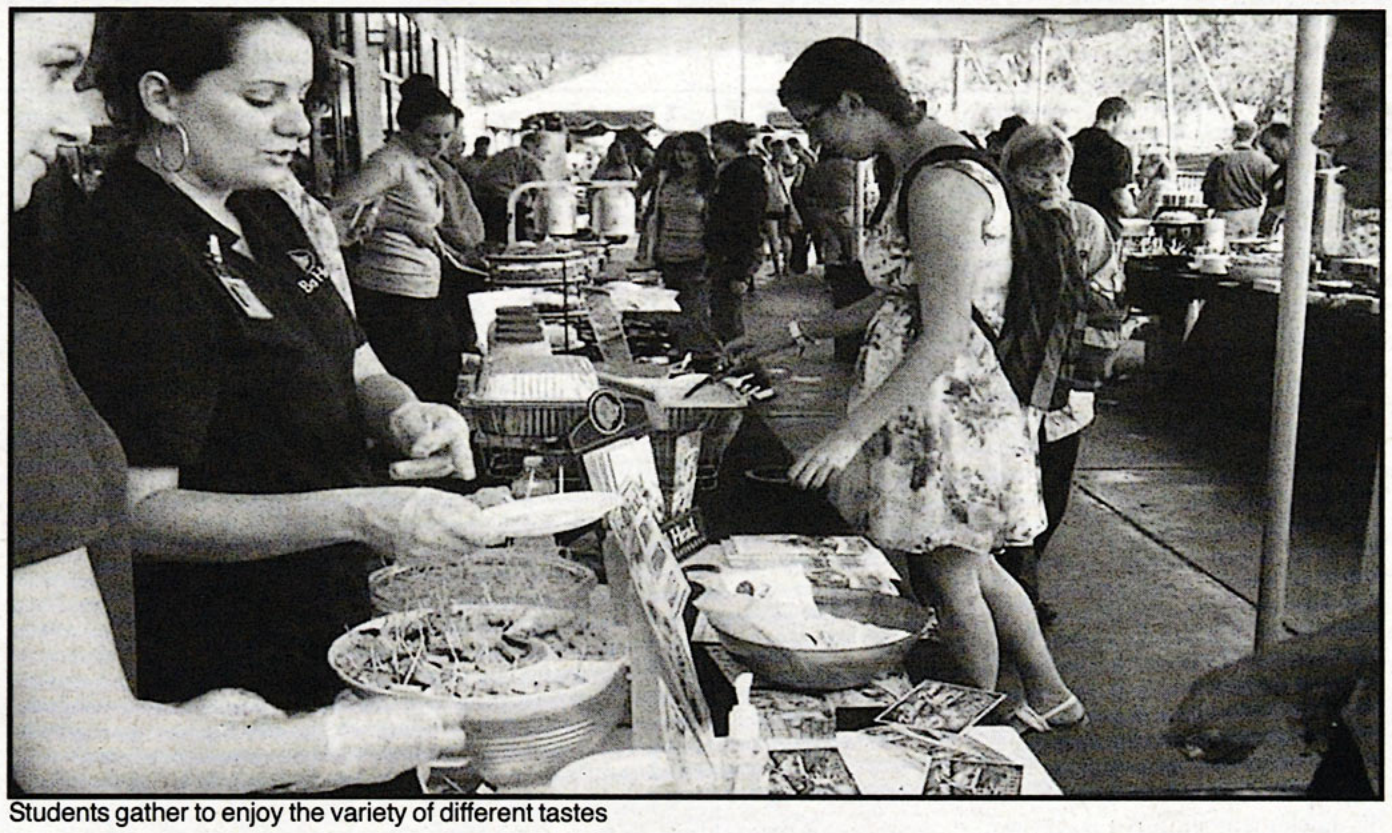
Campus News

Food Festival Delights

By Brianna Llewellyn
Contributing Writer

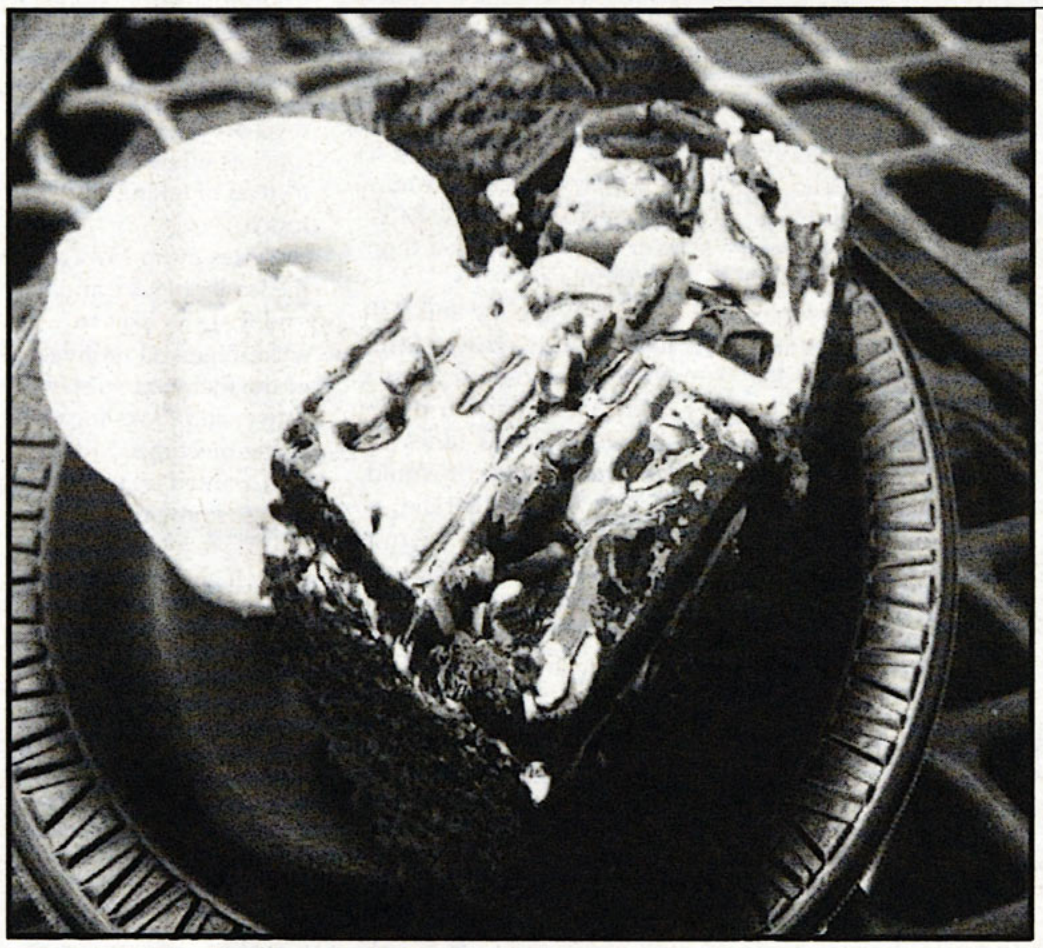
Thursday, Sept. 26 students stuffed their bags with free food samples from various food distribution companies. It was a food festival, and the students of Saint Leo University were loving every minute of it.

The food was not only health conscience, it was delicious. There was a variety of gluten-free products up for grabs including chocolate chip cookies, pizzas, white chocolate cakes, chocolate cakes, and breads.



Students gather to enjoy the variety of different tastes

Photo taken by Brianna Llewellyn



Different samples of brownies

Photo taken by Brianna Llewellyn

Gluten is a protein found in wheat products as a result most desserts are not gluten-free. If a person has a gluten allergy, it is almost impossible to find gluten free choices in the Universities' Dining Hall. And if they decide to make his/her own meals, they can look forward to spending a pretty penny because gluten-free products are not cheap. The gluten free brownies tasted exactly the same as brownies with gluten, my favorite flavor was mint.

This year's event seemed to be more health centered. Most products were low fat alternatives. Good Health's avocado oil, Chilean lime potato chips were my favorite alternative choice to regular potato chips. These flavor-packed chips have about 30 percent less fat than tradition potato chips. Chips cooked in avocado oil also have more vitamins and have a better chance at breaking down low density lipoproteins ("Bad cholesterol").

Saint Leo University's Dining Hall should really consider some of the foods presented at this festival for the sake of students and staff members who require gluten free products and for students who aspire to be healthier.

THE LIONS' PRIDE

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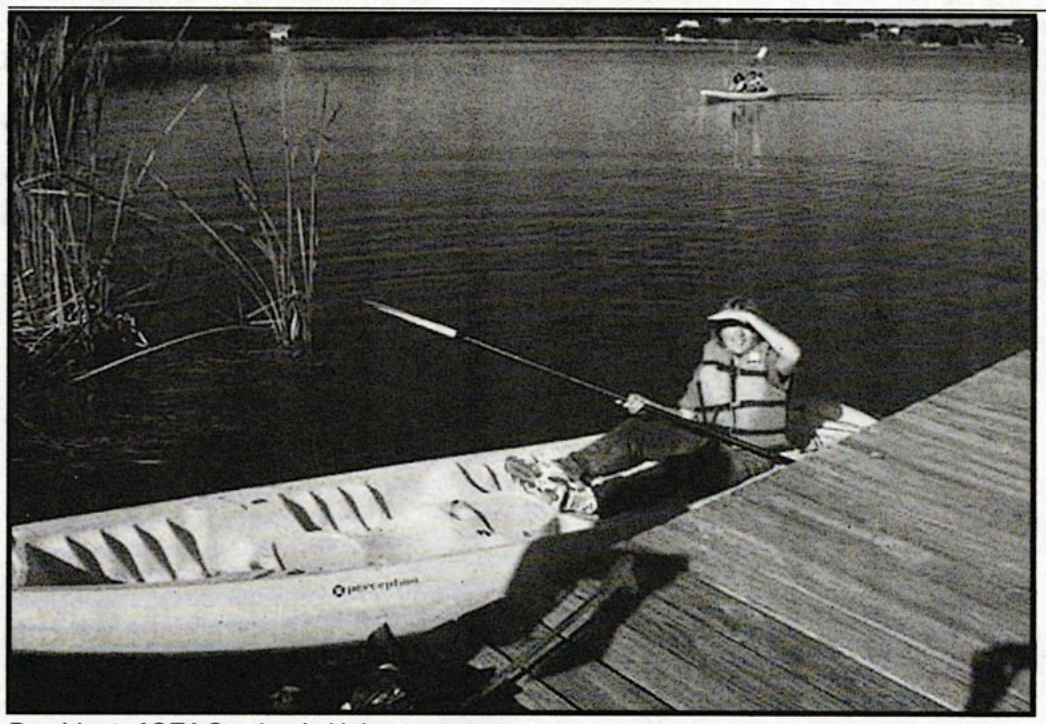
Campus News

SEA and Tri Beta Participate in Coastal Cleanup

By Shawnee Arnett
Contributing Writer



President of SEA Stephanie Holz

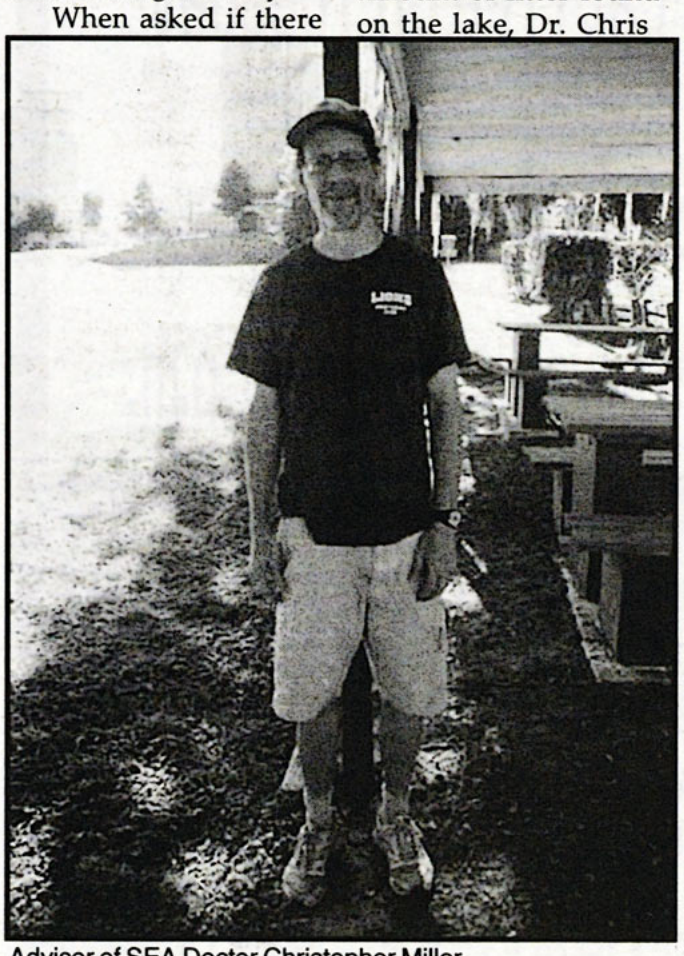
Photo taken by Shawnee Arnett

At 8 a.m. on Saturday, Sept. 21, when most students were still asleep, SEA (Students for Environmental Awareness) and Tri Beta (Beta Beta Beta Biology Honors Society) were at the Universities' dock busily preparing for this year's Coastal Cleanup.

Coastal Cleanup is an international effort started by the Ocean Conservancy that focuses on having environmentalist groups from around the world spend one day cleaning up their local shorelines. Since Lake Jovita is right in the Universities' backyard, SEA and Tri Beta focused their efforts on cleaning up not just Saint Leo's side of the lake but the other private and public areas as well. Both clubs set out on the Univerities' kayaks to reach the other sides of the lake and collected any waste products that they found along the way.

When asked if there had been a significant amount of trash on Lake Jovita, Stephanie Holz, the SEA President and a sophomore biomedical studies major, answered, "Surprisingly no. I found a couple of beer bottles and a couple of cans of Monster. There were more things toward the San Ann public dock on the other side of the shoreline and a couple of the things by the lake house, otherwise it was mostly clean."

When asked to give his insight on the amount of litter found on the lake, Dr. Chris Miller, the supervisor of the SEA club, answered, "The lake is, I think, usually kept fairly clean because there are private homeowners on it, but wherever you get public areas or public access, it gets pretty bad. On the other side of the lake, at the San Antonio dock side, there was a lot of garbage because it's public access. Fishermen come in, and there's a little pavilion over there that allows people to bring food and so forth, and that just results in a lot of garbage that's accumulated over the years. They probably need to get more garbage cans over there to accommodate the fishermen, because very often the fishing lines, bobbers, Styrofoam containers, drink cans, bottles, and all of that gets kind of tossed into the lake or in and around the shoreline."



Advisor of SEA Doctor Christopher Miller

Photo taken by Shawnee Arnett

Miller then estimated that the combined efforts of the SEA and Tri Beta led to the collection of "probably 40 lbs. of garbage."

When asked what she thought of Saint Leo's general environmental awareness, Holz said, "I think it's mediocre. We need to work on it quite a bit more. Honestly, what we did today was really a step in progress, but we need to promote more recycling. People need to understand that there's a trash can versus a recycling bin and what it's for. They need to know what we actually do with the recycled products and how we actually process them to make new products out of the recycled products."

Dr. Miller added to this sentiment, stating "to me, the biggest problem with waste on campus is not the waste, per se, but it's trying to get some of that garbage into the recycling cans, and that's a different issue. We've got a lot of garbage, but then we've got an unnecessary amount of stuff being thrown away. We have what's called single stream recycling, which means that anything goes. You can recycle almost anything if it doesn't have some sort of food contaminating it, [for instance] a pizza box, you can't do [recycle] that. But bottles, cans, plastic, paper, all of it, can be recycled. That's the bigger problem, is that we don't have a good enough awareness, and we don't have enough recycling receptacles right now to accommodate that. But that's more of an awareness issue. We need to get people aware of what's to be thrown away and what's recycled. "

Along with promoting awareness of both the cleanliness of Lake Jovita and the importance of recycling on campus, both Holz and Miller plan for the SEA club to get students involved in being more environmentally friendly by introducing enriching activities such as the Coastal Cleanup.

According to Miller, the main goal of the SEA club is to "highlight places in the general area that will allow students to get out and enjoy nature and also do some community service at the same time."

Holz adds that the activities planned for this year are both environmentally friendly and enjoyable.

"We're also planning on maybe going to the zoo, the aquarium, going kayaking or going fishing on the river, The Hillsborough River, that is, maybe even the Withlacoochee River State Park. We plan on going around doing fun things like that," said Holz.

With the promise of a strong upcoming year, there is no doubt that with the help of the SEA club, the campus will be a more environmentally friendly place.

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Campus News

Old Fashion Carnival Fun for All!

By Dexomia Livia
Contributing Writer

To relieve students from stress, Saint Leo University organized the "Free Old Fashion Carnival." The event was on Wednesday, Sept. 24 behind the Dining Hall.

Most of the students came, along with several professors and their families. It was an event that bonded the students with this school. Each student or faculty member of Saint Leo received a certain amount of tickets that were used to play each of the games that were there. Tickets could also be used to get something to eat at the carnival, such as candied apples, corn dogs, and funnel cakes. Some of the games consisted of throwing a basketball and seeing if the person made the shot or picking up a "lucky duck."

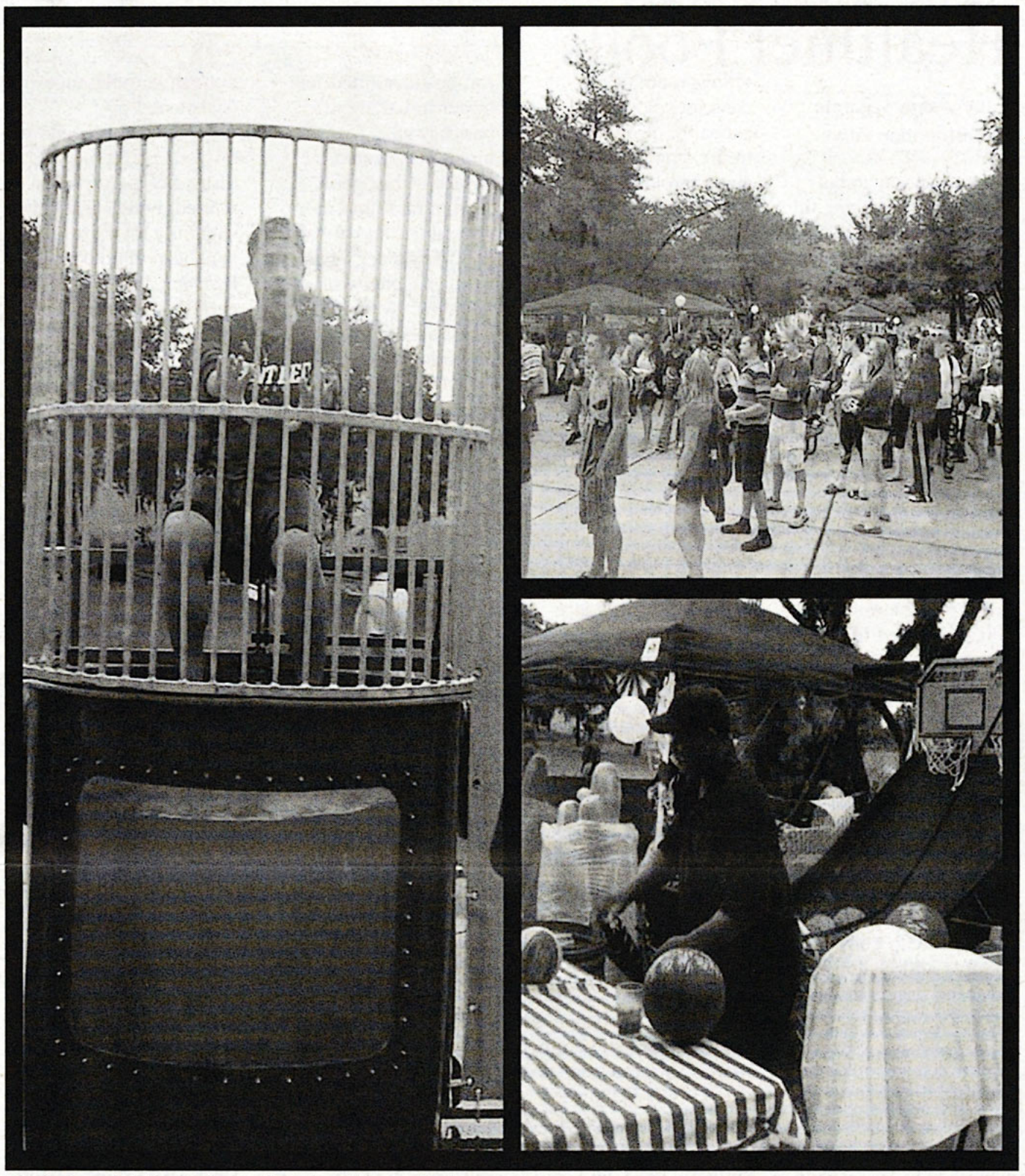
The main attraction was to dunk some of the Saint Leo employees such as Brandilyn Bolden, Scott McEver, Reggie Hill, Mike Halligan, and Matt Battista. To dunk them in the water, the student had to pay one dollar. That money was to be collected for the Admissions Scholarship. The students could also donate a dollar and receive a SLU Mohawk wig.

"I like the food part. The cotton candy, funnel cake, I like it a lot," said freshman Abrie Austin.

Professor Murphy, one of Saint Leo's staff members, came with his family: "It's been fun! We just got here but it's lovely to bring the family here to have fun!"

Employees that work at the cafeteria seemed to have fun too! Maria Guadalramarca, SLU employee, stated: "I feel good; I feel happy for the people here enjoying the carnival and happy to serve you guys!"

The students seemed to have fun at the carnival. Who wouldn't? Events like this make students and faculty feel relieved from stress and gives them an opportunity to have a good time with their friends and families. For more information on activities that the University offers, check out the activities calendar.



Students and staff enjoying the benefits of the carnival.

Photo taken by Dexomia Livia

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Arts & Entertainment

This For That: A Guide to Substituting for Healthier Foods

By Wendy Legorete
Distribution Editor

It's not easy to be healthy when baking or cooking from scratch. For instance, every time I want to try a traditional recipe, like gingerbread or even simple oatmeal cookies, one of the main ingredients is a huge amount of butter. We're talking whole sticks, and for those of you who don't know how many calories are in the average stick of butter, it's 800. Which, granted, isn't so bad for a whole batch of bread or cookies, but if you're the kind of person who is more health-conscious you're probably more interested in the amount of "bad" cholesterol (LDL), sugar, sodium, and saturated and trans fats that are ending up in your homemade goodies. So here are some unlikely, salubrious ingredients that can be snuck into your food. You won't be likely to notice the difference:

Mashed Avocado for Butter: For those of you who read that "Apple Oatmeal Cookies" recipe, you probably noticed that the recipe called for avocado. Strange as it seems, mashed avocado can be substituted for butter in baking. It's basically all monounsaturated fat (which is the "good" kind of fat found in vegetables) and at half the calories per whole fruit with plenty of vitamins. Note: notice how I specify "mashed" avocado. I once tried just measuring out the avocado in tablespoons without mashing it for a recipe; needless to say, the mix didn't turn out as well as I would have hoped.

Applesauce (or mashed bananas) for Sugar: Fruit are pretty sugary by themselves, but using applesauce (sweetened or unsweetened, depending on your preference) instead of the typical, refined, white, granulated sugar is a lot more beneficial to your body. By using applesauce you get the fiber and the right amount of sweetness that comes naturally with the fruit. Note: Granulated sugar can be substituted for with "wet" ingredients like applesauce without having to compensate for the right consistency but only up to 1 cup. Any amount more than that and you'll have to find a way to increase the dry ingredients in such a manner so that the product comes out tasting the way it's supposed to while maintaining its structural integrity.

Pureed Squash for Sour Cream (to thicken soups): It's a vegetable instead of cream.

Whole Wheat Flour for White Flour: Yes, they do sell whole wheat flour. And the main reason whole wheat flour is more desirable than white flour is simply for the fact that it is less refined. This makes it slower to digest, which means after consuming it you stay fuller longer.

This is Halloween: Students Plan for Fall

By Jocelyne Hilary
Staff Writer

Pumpkins, fall, costumes and large amounts of candy are just few terms that we associate with both October and Halloween. So as the season draws upon us, one question to be answered is, why is Halloween so popular as one tradition that we all still anticipate with enthusiasm even at a mature age?

First thing first, does October only cause excitement because of Halloween or could this just be a misconception? For most toddlers and kids, October probably does only carry significance because of Halloween. It is the one time of year that allows most children to do all the things they love in one night. Staying up late, buying or creating scary costumes to wear, and collecting more candy in one night that you could dream of eating. It is a kid's fantasy.

However, what can be said about the older generation like college students? Has the excitement always naturally been there or is it an outdated phase? Senior Kirsten Sullivan expressed her enthusiasm and eagerness for October to arrive.

"Firstly, October marks the countdown to Christmas. October pretty much symbolizes Halloween and then November creeps us with Thanksgiving and then finally the Christmas period arrives. October also represents change, so we can all accept summer is over. The stores are all full of pretty Halloween decorations, Starbucks invites the return of the Pumpkin spice latte, which is my absolute favorite, and the Halloween Horror nights at Universal. These are things I look forward to. I don't think most people would think of Halloween as childish, it's a great opportunity for me to even dress up, I may not go trick or treating anymore, but there are Halloween festivities that go on that are always fun. Plus, it's always nice to have an opportunity to eat a lot of candy," said Sullivan.

So what fun activities can one do this Halloween season? Easy enough, you could start by looking on campus. Traditionally, the freshmen dorms Marmion and Snyder have the opportunity for local children to come trick-or-treat. This is a nice gesture to get everyone in the spooky spirit. If that's not your thing, why not partake in the "Haunted Marmion and Snyder," which is like a mini version of the haunted houses you're most likely to find at other events.

There are those who prefer having a night in with friends, ordering take out and popping in a classic Halloween suited movie, whether it be a gory horror or simply timeless childhood classics such as "Hokus Pokus," "The nightmare before Christmas" or "The Adam's family."

If staying in isn't your fancy, you should try going to the movies in a large group to watch a horror film. It might just give you a rush. With horror films more popular this season, it may be a great idea to get off campus and get in the spirit. With films such as "Insidious 2" and "Carrie" shortly to be released, there are ways to still get spooked.

For those who are big fans of Halloween, going out to costume parties may be your scene. There's nothing that comes as close to reliving some childhood memories than finding that perfect Halloween costume to spook people out.

Last but not least, let's not forget the great offer our very own CAB offers every year. Yes, I am talking about the two trips to both Universal Studios and Busch Gardens. Halloween Horror Nights and Howl-O-Scream have been two of the CAB events that sell out the quickest. For an amazingly cheap price of $10, is it really a surprise that these tickets run out within seconds. These two events see the whole theme park take a scary turn for the worst with the addition of haunted houses, masked figurines, complete darkness, smoke and spooky music.

Are you up for the challenge? Tickets for Halloween Horror Nights will be on sale on Tuesday, Oct. 8 at 10 p.m. Tickets for Howl-O-Scream will be on sale Tuesday, Oct. 15 at 11 p.m. Make sure to set a reminder because it is not an exaggeration that these tickets sell out within seconds.

"I've gone to Halloween Horror Nights almost every year since my freshmen year. The price is a bargain and we are so lucky to have that thanks to CAB. I am not a huge fan of roller coasters and such, but I do like seeing Universal Studios in pitch black, it just sets the tone, and it is funny seeing people get terrified especially in the haunted houses. I am hoping to get tickets again this year if I am lucky enough, since it's always a blast and a great way to spend Halloween with your friends," said senior Bobby Cote.

Staying within the Orlando area, Sept. through Nov. 1, Walt Disney World will host its annual Mickey's Halloween Party, so you can get in the spirit in a magical way with all your favorite childhood characters. This is something you could do with your family, if you have younger siblings or prefer to spend Halloween not terrified. From trick-or-treating in Magic Kingdom, to Halloween themed parades and fireworks that will take your breath away, there will be no disappointment. The only downside is that tickets are hard to get a hold of and can turn out to be quite pricey.

Halloween doesn't have to be a thing of the past. With just a couple weeks to get through, keep in mind that there's plenty to do this Halloween season.

Arts & Entertainment

True fREADom: Poll On Banned Books

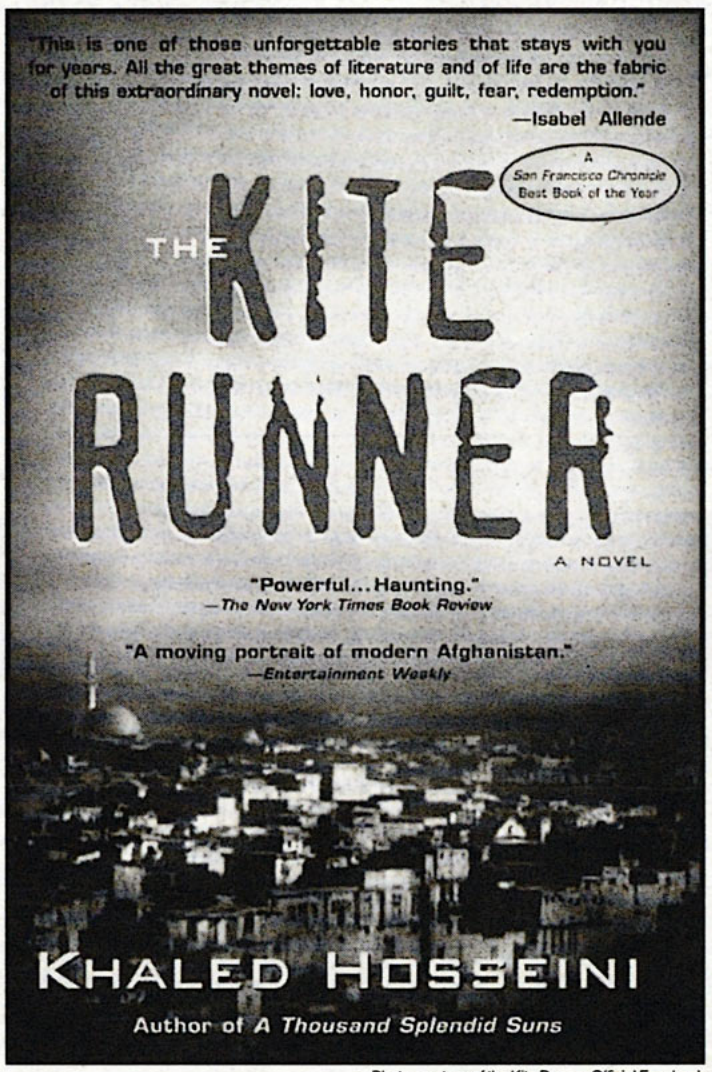
By Craig Graves
Contributing Writer

Beloved by Toni Morrison, The Kite Runner by Khaled Hosseini, Looking for Alaska by John Green, The Perks of Being a Wallflower by Stephen Chbosky, The Great Gatsby by F. Scott Fitzgerald, and The Lord of the Rings by J.R.R. Tolkien share one thing in common besides being read by millions of people. These books, among hundreds of others, have been either banned or challenged to be banned in schools and libraries, for subject matter which some find inappropriate for children or morally offensive. According to bannedbooksweek.org, the week of September 22 – 28 was National Banned Books Week during which libraries and bookstores called attention to the problem of censorship by promoting challenged books and hosting special events.Even though books may be listed as 'banned' or 'challenged,' not all schools and libraries remove them from the shelves. According to bannedbooksweek.org, Banned Books Week was launched in 1982 and occurs annually. Since 1982, over 11,300 books have been challenged with 464 challenges reported for 2012.

"Books are learning tools," said Jasmine Charlton, sophomore, "you just have to have the right audience. In the Bahamas, they don't ban books. In America, I don't know if books are banned or just not on sale."

"No content is too horrible to read," agreed Emily Finck, sophomore, "we've seen worse on TV. My [high] school and library were bad. I was supposed to read a book for a class, but because it was banned, the library took it off of its shelves and the school refused to teach it. I don't know what my favorite banned books are."

"I don't understand it," said Kenna Dieffenwierth, junior. "We should have the freedom to write whatever we want. If people don't like it they don't have to read it."


"This is one of those unforgettable stories that stays with you for years. All the great themes of literature and of life are the fabric of this extraordinary novel: love, honor, guilt, fear, redemption."
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"A moving portrait of modern Afghanistan."
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KHALED HOSSEINI
Author of A Thousand Splendid Suns
Photo courtesy of the Kite Runner Official Facebook

"I'm not sure if any books were banned [at my] high school," said Asia Muhammad, sophomore. "I don't know if it is a banned book, but I liked Piece of Cake by Cupcake Brown. It might be, there was a lot of graphic violence and drug abuse in it."

"I think books that oppose what we're a part of or what we stand for should be banned," said Sarah Barker, junior, "like anything pro-terrorism."

"Books should not be banned," said Gabby Herrera, freshman, "[they] teach us about the time period. The author puts effort into their work and it is a slap in the face to ban their books. Every book is informing. There shouldn't be anything we aren't allowed to publish in them."

"Books are banned out of fear," said Assistant Professor of English Allyson Marino, "they are a threat to the status quo with topics like adolescent sexuality. It is frightening to parents and teachers. The most notorious [for censoring books] was the Third Reich. They were big into burning books, especially Jewish works."

Movie Review: Insidious 2

By Jocelyne Hilary
Staff Writer

It is almost that time of year! Halloween is just around the corner. For those of you who love the gloomy Halloween ambiance and get a rush from being terrified, Insidious 2 is the film for you. Following its prequel Insidious, which was released in April 2011, the sequel is set to be just as terrifying as the first one. The sequel sees the return of Patrick Wilson and Rose Byrne as the protagonists, Josh Lambert and his wife Renai.

The first film saw the couple battle a supernatural spirit that had trapped their son Dalton's soul in a different realm, a spiritual world that can be very difficult to get out of. In order to rescue his son, Josh has to astral project to this realm; both Dalton and Josh share this ability. Astral projection is the ability to travel worlds through a portal while dreaming. Josh was victim to this as a young boy, but managed to escape. Dalton, however, went too deep into the spiritual world. His physical body is consequently in coma since his soul is lost. For those who have seen the prequel, you know the end was one twisted cliffhanger.

The second film commences shortly after the events at the end of the first film. To the Lambert's dismay, rescuing Dalton from the supernatural world did not secure their happy ending or their return to a normal life. Unfortunately, Josh's travel into the supernatural realm opened a door for those in the supernatural realm to enter our world. The movie starts off very speedy, since it follows the aftermath of the death of medium Elise Ranier. Josh, under some sort of influence, murdered her. A murder investigation unveils with Josh as the pin point suspect. Although the police fail to find enough proof to arrest Josh, Elise's former prodigies start to uncover that Josh may not be innocent after all. Constantly haunted by entities, darkness and death, the others soon find out Josh may not be the ideal person to cross swords with. Meanwhile, Renai and son Dalton also experience unexplainable phenomena of their own. With a creepy, broken-record sounding soundtrack, supernatural figures, and bizarre events, it has the complete scare film package on point.

Although this sequel is jumpy, scary and the perfect film for this time of year, it is fair to say that the lack of plot originality is this film's downfall. The film has had very high expectations bestowed on it, partly due to the fact that the director is behind some of the most successful films in this genre, the most recent one being The Conjuring. Nevertheless, this film is an enjoyable visual if you wish to watch something that sits within the theme of Halloween or if you are simply a scary film enthusiast.

Sports

Men's and Women's Soccer

By Michael Walker
Contributing Writer

This past Saturday, Sept. 28, the men's soccer team faced Eckerd College. It was also the Leukemia Awareness Night. Eckerd College has an overall record of two wins, three losses, and two ties. The team knew that their opponents would be a bit of a challenge, but they had no fear. The University had a record of 4-1. After slaughtering Eckerd, the men's team increased their overall record to 5-1.

The weather was rainy and made the ground slippery. In these conditions, Saint Leo Men's team knows how to switch up their playing and really bring out their technique. Within the first six minutes, Schultze-Geisthovel made the first score, and he made the second score around the fortieth.

From halftime until the end of the game, the night sky cleared up. This left the field to stay wet and fast. The third goal was made by Blanchette in the second half.

Although it started out as a rainy night, there was still a nice fan size supporting the game. The men's team loves having the support they get from fellow peers to give them an extra drive. It's always good to have a solid support group cheering the players on to see that their peers care about them.

They played the ball fast with flawless passes and worked as a team. Matt Campbell shot the final goal after reentering the game just minutes before. Saint Leo won four to nothing.

The team functions as a well-oiled machine and fight stronger then Spartan warriors at war. They work hard whether they are on or off the ball to finish their chances. Anytime you play fast and create a lot of chances it makes it near impossible for a team to defend.

Having a record of 5-1 these players are showing their potential to dominate the conference and bring home the cup.

The women's team kicked off around 5p.m. just before the men's team played. One player clearly stood out-Arielle Kabangu stepped up. Only a freshman, Kabangu scored three of the five goals for University. The other scores were from Gignac, who slammed a header into the net. The next goal was from senior Ari Foreman who shot a perfect strike past the goal keeper.

During the first half of the game, the Lions got a feel for how Eckerd College played. The shots were all done in the second half. In a few days, they will be playing Nova Southeastern in a region contest here at the University.

University Athletics

Sep 27, 2013 Men's Cross Country results

Vs.FLrunners.com Invitational @ Titusville, Fla.
Saint Leo Men's Cross Country takes 1st place
The Saint Leo University Men's team took first place against several Division II schools with a team score of 15 points a total time of 1:20:12.90 with an individual average of 16:02.58 great job Men's Cross Country team.
Carl Dunne 15:18.50 took home first place in the individual standings against Division I and Division II schools. The Lions return to action on Friday, October 11, when they travel to Florida State University to run in the Florida State Invitational.

2013 Women's Cross Country Results

The 14 annual FLRunners.com Invitational sponsored by Muscle Milk hosted on Sep.27-28, 2013 at the Chain of Lakes in Titusville Fl.
Taking First Place In division II Saint Leo University with a total point score of 21, a total time score of 1:38:48.30 the team had an average time of 19:45.66. Jelena Tancic of Saint Leo had a winning time of 18:55.10 taking the first place victory. Good job Jelena and the Women's Cross Country Team.
Next up the team travels to Tallahassee to compete in the Florida State invitational.

2013 Sep 30 Men's Golf results

At the time of Press the Lions were competing in the Cougar Invitational in Columbus, Ga.
Sep 30,2013 vs. Cougar Invitational @ Columbus, Ga. Rounds 1 & 2
Host: Columbus State
Oct 1, 2013 vs. Cougar Invitational @ Columbus, Ga. Round 3
Host: Columbus State

2013 Men's Soccer Results

Overall Pct. Conf. Pct. Streak Home Away Neutral
5-1 .833 0-0 .000 Won 1 2-0 2-1 1-0
Wed 25 at Rollins L, 2-1 Final
Sat 28 Eckerd Leukemia Awareness Night W, 4-0 Final
The Saint Leo University men's soccer team has jumped into the latest NSCAA/Continental Tire NCAA Division II Men's National poll at 17th as it was released by the National Soccer Coaches Association of America on Tuesday.
Next up for the men Nova Southeastern will be coming into town on October 2, at 7:30 PM

Sep 2013 Women's Soccer Results

Overall Pct. Conf. Pct. Streak Home Away Neutral
4-3 .571 0-0 .000 Won 1 2-0 2-3 0-0
Wed 25 at Rollins L, 7-2 Final
90:00 - 2nd
Saint Leo (3-3-0) 1 1 2
Rollins (5-2-0) 1 6 7
Scoring Summary
1st - 1:39 Paxton Sickler (Rollins)
1st - 23:49 Arielle Kabangu (Saint Leo)
2nd - 57:28 Mora Johnson (Rollins)
2nd - 58:08 Brenna McKee (Rollins)
2nd - 62:04 Brenna McKee (Rollins)
2nd - 79:49 Emma Jones (Rollins)
2nd - 80:42 Mackenzie Miller (Rollins)
2nd - 83:16 Nikki Haimes (Rollins)
2nd - 85:56 Stephanie Marran (Saint Leo)
Sat 28 Eckerd Leukemia Awareness Night W, 5-0 Final
Eckerd (5-2) 0 0 0
Saint Leo (4-3) 0 5 5
Scoring Summary
2nd - 47:35 Arielle Kabangu (Saint Leo)
2nd - 53:01 Genevieve Gignac (Saint Leo)
2nd - 60:44 Ari Foreman (Saint Leo)
2nd - 76:52 Arielle Kabangu (Saint Leo)
2nd - 86:17 Arielle Kabangu (Saint Leo)
Next up for the women's team the will be hosting Nova Southeastern at 5:00 PM